



FIND YOUR SCHOOL LIFE BALANCE

**GUIDED
BREATHING AND
STRETCH
SESSIONS**

Presented by the Mental Health and
Student Relations Committee

**WEDNESDAY, OCTOBER 21 (TWO
SESSIONS): 10-1030 AM & 5-530 PM
WEDNESDAY, OCTOBER 28: 5-530 PM
WEDNESDAY, NOVEMBER 4: 10-1030 AM**